



Friday Beat

August 17, 2007 Edition



For additional resources on these topics and others related to school health education and services, visit the School Health Program web site at www.dshs.state.tx.us/schoolhealth

Quote to Note:

"Thought is the blossom; language the bud; action the fruit behind it."

–Ralph Waldo Emerson

Program Notices and Postings:

SAVE THE DATE—DSHS School Nurse Updates—October 19, 2007 and February 8, 2008

The Department of State Health Services (DSHS) and the Texas Education Agency (TEA) are collaborating to provide TETN broadcasts to school nurses about state level initiatives, activities, and laws that can impact their practice. The broadcasts will take place on October 19, 2007 and February 8, 2008 from 1:00 p.m. to 4:00 p.m. If you have questions about connecting to the broadcast either at the Educational Service Center (ESC) location or through the distance learning channel, please contact your regional ESC.

DSHS and TEA are excited to offer this service and encourage all school nurses to send suggested topics to Anita Wheeler at anita.wheeler@dshs.state.tx.us or (512) 458-7111 ext. 2909.

DSHS Immunizations Branch—2007-08 Texas Minimum State Vaccine Requirements for Students

The close of the 80th Legislative Session resulted in the passage of House Bill (HB) 1059, which requires the Department of State Health Services (DSHS) to create a list of the required immunizations for school attendance and a list of the recommended vaccinations. The required immunization list, although already in existence as the *Minimum Immunization Requirements*, has been updated. DSHS follows the Advisory Committee on Immunization Practices (ACIP) recommended immunizations, thus this schedule will serve as the department's recommended list of vaccinations.

HB 1059, also known as the Emily Lastinger Act, requires school districts that maintain a Web site to post the list of immunization requirements and recommendations in English and Spanish. In an effort to align the mandated information in a user-friendly format that can be easily linked to any ISD website, the DSHS Immunization Branch has updated the Immunization Requirements web page. The new web page includes a list of the required immunizations for school attendance and a link to the 2007 recommended immunization schedule. For more information related to school immunization compliance, please visit www.dshs.state.tx.us/immunize/school/default.shtm.

Upcoming Conferences/Meetings/Professional Development:

2007 National Prevention and Health Promotion Summit—Washington, D.C.—November 27-29, 2007

The U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion and the Centers for Disease Control and Prevention (CDC) will host the 2007 National Prevention and Health Promotion Summit: Creating a Culture of Wellness. This groundbreaking event will unite health professionals, business entrepreneurs, and government leaders at all levels who are dedicated to health promotion, chronic disease prevention, health preparedness, birth defects, disabilities, genomics, and wellness. For more information, please visit www.cdc.gov/cochp/conference/index.htm.

National Summit on Your City's Families—San Antonio, Texas—September 30-October 2, 2007

The 2007 National Summit on Your City's Families is the nation's largest gathering of municipal leaders who are working to improve the lives of children, youth, and families in their communities. Hundreds of mayors, city council members, and senior municipal staff – along with their local school and community partners – from cities and towns across America will gather in San Antonio, Texas, on Sept. 30-Oct. 2, 2007, for two days of learning, networking, and team-building. Participants will learn about improving public schools, expanding after school opportunities, keeping young people safe and out of trouble, promoting youth development, combating childhood obesity, improving school readiness, and promoting family economic success. For more information, please visit www.nlc.org/IYEF/yefsummit.aspx.

Health Education:

“Making the Connection: Health and Student Achievement” PowerPoint

The Association of State and Territorial Health Officials (ASTHO) and the Society of State Directors of Health, Physical Education, and Recreation (SSDHPR) have developed a PowerPoint presentation that makes a compelling case for school health programs. The presentation suggests that broader implementation of the components of coordinated school health programs would go a long way toward enhancing the health and educational outcomes for young people. To download the PowerPoint presentation, please visit www.astho.org/docs/makingtheconnection.ppt.

SunWise School Program

The SunWise School Program is an environmental and health education program from the Environmental Protection Agency (EPA). The SunWise program aims to teach children and their caregivers how to protect themselves from overexposure to the sun. It is offered FREE of charge to partner schools. Partner schools receive a free SunWise Tool Kit with standards-based, cross-curricular classroom activities for grades K-8; a UV sensitive Frisbee for hands-on experiments; story and activity books; a poster; policy guidance; and more. For more information, please visit www.epa.gov/sunwise/index.html.

Healthy and Safe School Environment:

“Shade Planning for America's Schools” Manual

The “Shade Planning for America's Schools” manual was developed by the Centers for Disease Control and Prevention (CDC) to assist schools in creating and maintaining a physical environment that supports sun safety by ensuring that school grounds have adequate shade. This manual is aimed at principals, teachers, students, and staff, but also key stakeholders and decision makers that comprise the school community. To download the manual, please visit www.epa.gov/sunwise/doc/cdc_shade_planning.pdf.

Counseling and Mental Health Services:

Is The School Year Off to a Good Start? Guidance Notes

With schools mobilizing for the school year, the UCLA Center for Mental Health in Schools has posted online a new addition to their series of guidance notes. *Is the School Year Off to a Good Start?* covers five major concerns that require particular attention at the beginning of a school year. To download a copy, please visit <http://smhp.psych.ucla.edu/pdfdocs/goodstart.pdf>.

Parent and Community Involvement:

Parental Involvement Resource

The latest in the eight booklet series on innovations in education, "Engaging Parents in Education", is available online. The Innovations in Education book series is published by the Office of Innovation and Improvement, U.S. Department of Education. The book series detail how school systems around the country have put the *No Child Left Behind Act* to work. This new addition to the book series outlines five Parental Information Resource Centers (PIRCs) that are representative of how the centers and their partnering organizations successfully increased parental involvement in education. To download the booklet, please visit www.ed.gov/admins/comm/parents/parentinvolve/index.html.

Health Services:

Community Measures Prevent Deaths During Pandemic

In a study published in the August 8, 2007 issue of the *Journal of the American Medical Association (JAMA)*, it was determined that school closures and other community strategies designed to reduce the possibility of spreading disease between people during an epidemic prevented deaths. This is particularly true when the measures are used in combination and implemented soon after an outbreak begins in a community. To read more about the study and its findings, please visit www.time.com/time/health/article/0,8599,1650634,00.html and www.cdc.gov/od/oc/media/pressrel/2007/r070807.htm.

Traveling With Diabetes

Whether you are planning a day of hiking or a long-distance trip across time zones, making sure you have what you need requires careful preparation. For information on traveling with diabetes, please visit www.jdrf.org/index.cfm?fuseaction=home.viewPage&page_id=8AB4F667-2A5E-7B6E-11CFA663F19DBB51.

Staff Wellness Promotion:

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small

The Partnership for Prevention has made available on its Web site a sourcebook for employers that provide the rationale for health promotion. The sourcebook contains important correlations to the Healthy People 2010 objectives; tips for planning, implementing and evaluating a program; and a comprehensive list of health promotion resources. To download a copy of the sourcebook, please visit www.prevent.org/images/stories/Files/publications/Healthy_Workforce_2010.pdf.

Physical Education:

American Alliance for Health, Physical Education, Recreation, and Dance—Jump Rope for Heart/Hoops for Heart Grant Program—Deadline: October 15, 2007

The American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) is accepting applications for its Jump Rope for Heart/Hoops for Heart grant program. The purpose of the program is to enable organizations that have held a Jump Rope for Heart or Hoops for Heart event in the previous year to purchase equipment to improve physical education opportunities for children. Award amounts are up to \$2500 and include: up to \$1300 towards AAHPERD membership and for travel expenses to the AAHPERD National Convention and Exposition; \$1200 in the form of US Games certificate redeemable for equipment; and a free NASPE Quality PE package. Eligible applicants include schools that have held a Jump Rope for Heart or Hoops for Heart event in the past year. For complete program information and guidelines, please visit www.aahperd.org/jump/pdf_files/grant.pdf.

Nutrition Services:

Importance of School Breakfast

The Food Research and Action Center (FRAC) released a report last week titled, "School Breakfast in America's Big Cities." The report examined the school breakfast programs of 23 large urban school districts in the 2005-2006 school year. One conclusion of the report is that eating breakfast at school before classes improved children's learning and behavior. The report also documented the potential health benefits of school breakfast, including reduced numbers of visits to the school nurse. To read the study, please visit www.frac.org/pdf/urbanbreakfast07.pdf.

Early Anti-Obesity Intervention

A study published online this week in the journal *Circulation*, suggests that children who learn healthy eating habits at an early age maintain healthy diets into adolescence. The study was conducted by Finnish researchers who followed 1,062 children from age 7 months to age 14. While the intervention group of 540 children and their families was counseled to adopt low cholesterol diets and eat primarily unsaturated fats, the remaining 522 children and their families did not receive dietary counseling. Researchers found that, while children in both groups had similar heights and weights at age 14, those in the intervention group maintained diets lower in fat and higher in protein and carbohydrates than children in the control group. This finding reinforces the importance of early antiobesity interventions. To read an abstract of the study, please visit <http://circ.ahajournals.org/cgi/content/abstract/CIRCULATIONAHA.107.699447v1?maxtoshow=&HITS=10&hits=1>

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To read more about the study, please visit

[http://news.yahoo.com/s/ap/20070813/ap_on_he_me/diet_kids_fat_intake;_ylt=AiVPJtsEOMSUK9hBvSsHoBnVJRIF.](http://news.yahoo.com/s/ap/20070813/ap_on_he_me/diet_kids_fat_intake;_ylt=AiVPJtsEOMSUK9hBvSsHoBnVJRIF)

External links to other sites appearing in the Friday Beat are intended to be informational and do not represent an endorsement by the Department of State Health Services. These sites may also not be accessible to people with disabilities. External email links are provided to you as a courtesy. Please be advised that you are not emailing the DSHS and DSHS policies do not apply should you choose to correspond. For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about the Friday Beat, contact Laurie Anderson; contact information is listed below.

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